

extremely strengthening ana engenders the
 Pittam and
 Kapham. The species known as Rdjama'sha is non-
 aphrodisiac
 and destroys the three Doshas. Kulattha pulse
 cures dyspnoea,
 hic-cough and intestinal glands, and subdues the
 Va*yu and
 Kapham. Kushthaka is cooling, astringent
 febrifuginous and
 styptic; and Chanak (gram) generates the Vyu,
 destroys the
 Pittam, Kapham and blood isic), and diminishes
 virile potency.
 Masura (lentil) is sweet, cooling (in its potency),
 astringent* and
 subdues the Kapham and Pittam. Sathina pulse is
 extremely
 Vfyu-generating. Adhaki destroys Kapham and
 Pittam, Kapi-
 kachchha is highly spermatopoetic, Atasi is Pitta-
 generating ;
 and Siddhartha, Kaphah and Vayu-destroying.
 Tilah (sesame
 has a sweet and alkaline taste, and is emulsive,
 tonic, thermo-
 Bfenic and choleric. The rest of the seeds (*lit.* food
 grains) are
 parchifying or cooling in their potency and
 serve to impair
 the strength of the organism. Chitraka,
 Ingudi, Nilika,
 Pippali, Madhu-Shigru, Chavya, Nirgundi,
 Tarkdri, Ka"sha-
 marda and Vilva are vermifuginous, appetising,
 light (of diges-
 tion), anti-choleric and phlegmagougic,
 Varshabhu and Mar*
 kara destroy the Vfyu, and Vayu and Kapham in
 combination*
 Eranda is bitter and laxative, Kikamachi destroys
 the three
 Doshas, Cha'hgeri destroys the Va*yu and
 Kapham, while
 Sarshapa, like Kaushambha, aggravates all the
 Doshas. &fjika
 engenders the Vayu and Pittam, Nadicha destroys
 the Kaphah
 and Pittam, Chuchchu is sweet and cooling,
 Padmapatram
 destoys the Doshas, Tripitam is extremely Vyu-

generating,
 K&kshara destroys all the Doshas, Vastuka is
 extremely
 relishing, Tanduliya, like Palankya and
 Choudrika, is anti-
 toxic, raw Mulakam generates the Doshas and
 Mucous in the
 intestines, while cooked it destroys Vayu and
 Kapham.
 Mature Karkotakam, like V&rtakam, Patolam and
 Karabillam,
 destroys the three Doshas, is delicious, and
 improves the
 voice ; Kushmandam is diuretic and relishirtg,
 destroys all the
 Doshas, and proves Curative in cutaneous
 affections, urinary
 complaints,, fever, cough, asthma and diseases of
 the Kapham
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